

CLAIMS

1. An exercise endurance enhancer characterized by comprising (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.

2. An exercise endurance enhancer characterized by comprising (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as active ingredient.

3. An exercise endurance enhancer characterized by comprising (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as originating from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.

4. An exercise endurance enhancer characterized by comprising (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as originating from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.

5. The exercise endurance enhancer defined in either Claim 3 or Claim 4 wherein the garcinia is Garcinia cambogia, Garcinia indica or Garcinia atroviridis.

6. The exercise endurance enhancer defined in either Claim 2 or Claim 4 wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

7. A food containing the exercise endurance enhancer defined

in any of Claims 1 through 6.

8. The food defined in Claim 7 which is a confection, a drink, a sport food, a sport drink, a health food, a seasoning, a food ingredient, a noodle, a bakery food, a cereal food or a retort food.

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Add B1

Add D1